

10 Free Gifts For The New Year

1. The gift of **LISTENING**

Why not give this valuable gift to someone who usually doesn't get heard? And you must really listen. No interrupting, no day dreaming, no planning your responses. Just listen.

2. The gift of **AFFECTION**

Be generous with your hugs, kisses, and gentle squeezes of the hand. Let these tiny actions demonstrate the love inside of you for those who have meaning in your life.

3. The gift of a **NOTE**

It can be as simple as "You are a good friend," "Thank you for being part of my life," or "I love you," or they can be creative as a sonnet. Put your notes where they will surprise your loved ones.

4. The gift of **LAUGHTER**

Just cut out a cartoon or save a clever article. Your gift will say, "I live to laugh with you."

5. The gift of a **COMPLIMENT**

A simple "You look good today" or "Great work on that project" or "Good supper, Mom" can be the greatest value to those who may feel they are being taken for granted.

6. The gift of a **FAVOR**

Help with dishes, clean out the basement, vacuum the rug, etc.

7. The gift of **LEAVING ALONE**

There are times in our lives when we want nothing better than to be left alone. Become more sensitive to those times and give solitude.

8. The gift of **CHEERFUL DISPOSITION**

Try to be cheerful around those you love especially. Smile.

9. The gift of **GAME**

Offer to play your loved one's favorite game. Even if you lose, you'll be a winner.

10. The gift of **THOUGHT**

Think of those people on your Holiday list and let them know that you are thinking of them. Giving others your thoughts is a way of saying, "You are so special to me that I share time in my day with you no matter where I am."